

What is claimed is:

1. A method of removing and supporting an object, said method comprising:
 - removably attaching a swingarm assembly around an object extension, said swingarm assembly having a swingarm and an object support assembly connected to said swingarm;
 - 5 positioning said swingarm over said object;
 - attaching said object support assembly to said object;
 - disconnecting said object from said object extension; and
 - 10 pivoting said swingarm about said swingarm assembly and moving said object away from said object extension.
2. The method of Claim 1 wherein said step of attaching said object support assembly to said object further includes adjusting said object support assembly to a length proximate to said object.
- 15 3. The method of Claim 1 wherein said swingarm assembly further includes inserting said swingarm into a swingarm sleeve of said swingarm assembly.
4. The method of Claim 1 further comprising re-pivoting said swingarm about said swingarm assembly and moving said object adjacent said object extension, re-connecting said object to said 20 object extension and disconnecting said object support assembly from said object.
5. The method of Claim 4 further comprising removing said swingarm assembly from said object extension.
- 25 6. A method of supporting and removing an object from a support structure, said method comprising:
 - attaching a removable swingarm retainer assembly around an object extension;
 - inserting a swingarm into a swingarm sleeve of said removable swingarm retainer assembly;
 - attaching an object support assembly to said swing arm;
 - 30 positioning said swingarm wherein said object support assembly is adjacent said object;
 - securing said object support assembly to said object;
 - disconnecting said object from said support structure; and

5 pivoting said swingarm about said swingarm sleeve moving said object away from said structure.

7. The method of Claim 6 wherein said swingarm retainer assembly attachment step further includes positioning a U-shaped retaining member around said object extension and securing a channel member having said swingarm sleeve to said U-shaped retaining member.
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8. The method of Claim 6 wherein said swingarm retainer assembly attachment step further includes positioning first and second channel members about said object extension and attaching a pair of retaining members between said first and second channel members wherein said object extension is between said first and second channel members and said pair of retaining members.
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9. The method of Claim 8 further comprising attaching a jaw appendage on a surface of one of said first and second channel members wherein said jaw appendage is in contact with said object extension when said swingarm retainer assembly is attached to said object extension.
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10. The method of Claim 9 further comprising attaching another jaw appendage on a surface of the other of said first and second channel members wherein said another jaw appendage is in contact with said object extension when said swingarm retainer assembly is attached to said object extension.
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11. The method of Claim 6 further comprising re-pivoting said swingarm about said swingarm sleeve moving said object to a position adjacent said object extension, re-connecting said object to said object extension and disconnecting said object support assembly from said object.
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12. The method of Claim 11 further comprising removing said removable swingarm retainer assembly from said object extension.